

**DEPARTMENT OF PSYCHOLOGY
HOLY CROSS COLLEGE (AUTONOMOUS),
TRICHY-2
REPORT OF 2017-2018**

Inauguration of Halcyon Club(Psychology) and celebration of World Mental Health Day

The inauguration of Halcyon Club was held on 10.10.2017. Dr.(Sr) S.Catherine, Head, Department of psychology welcomed the gathering.

Chief Guest of the day was Dr.A.R. Syeeda Sheerin M.B.B.S., D.N.B., Psychiatrist from Sana Hospital, Trichy. Guest of honour for the programme was secretary of the college Dr.(Sr) Lily.V. The club was inaugurated by Dr.(Sr.) Christina Bridget, Principal of the college, who in her address spoke about the importance of mental health for students and its influence in their academics.

The chief guest gave an enlightening speech on mental health. She also spoke about the ignorance and social stigma attached to mental illness in the society. She emphasized on the role of psychologist in preventing and treating mental illness through counselling and Psychotherapy.

The elected office bearers were Ms.A.Merlin (I-M.Sc) as Secretary and Ms.T.Monica (I-M.Sc) as Joint Secretary. The program concluded with vote of thanks by the secretary of the club.







RURAL CAMP

The students accompanied by the staff for the rural camp to “Government Higher Secondary School” Thiruvallarai, Trichy, organised by HALCYON CLUB on 31st Nov and 1st Dec. 2017. The PG students administered psychological test to measure the Self-Esteem and the level of Stress for 338 students of std.X,XI,XII. The test revealed student’s self-esteem falls in average and students of X and XII experienced high level of stress compared to XI standard.

The students and staff gave input sessions on Stress Management.



SEMINAR

1. A seminar on “Self-Identity and Group Behaviour” was organised on 25.01.2018 in the Department of Psychology (Halcyon Club). The resource person was Mrs.J.Aruna, Researcher, TamilNadu Prison Department. 12 students from M.Sc Psychology attended the session. The session dealt with various components of Self and its influence on various aspects of life. The second part of the session was on Group behaviour, its influence on the team and behaviour.



2. Session was conducted by the Department of Psychology to the students of Community College on “Conflict Management and Positive Approach Towards Life” – 6th February 2018.s